



Nutrition

Eat Well Diet

Lesson 4

Understand how to follow the eatwell guide and have a varied nutritious diet whilst on a budget.





It doesn't have to be expensive to follow a varied healthy diet, there are lots of ways to keep costs down.





Always plan ahead and make a shopping list to avoid impulse buys which will increase costs.





If you do your shopping on an evening near closing time, supermarkets may have made reductions on certain items.





See if you can find any special offers on long shelf life items such as dried pasta or tinned tomatoes. These items can add bulk to a meal to make more portions.





Try to buy cheaper cuts of meat such as chicken drumsticks instead of chicken breast.





**If extra portions of
meat and fish are on
special offer you can
freeze the extra to be
used on another day.**



Buying canned oily fish e.g. sardines is usually cheaper than fresh fish. Make sure they are in spring water to avoid too much salt.





**Frozen fish
can also be
cheaper than
fresh fish to
buy.**





**Frozen and
canned fruit and
vegetables are
also usually
cheaper than
fresh varieties.**





It is also useful to look for economy and supermarket own ranges of products as there are normally cheaper than branded products.





Local markets can sometimes offer fresh fruit and vegetables cheaper than supermarkets. Seasonal options are often the cheapest.





Try to buy products which are not pre-prepared as these are sometimes more expensive.





**Always remember
to eat breakfast
so you don't pick
on items later
which may
become a cost.
Porridge is a
cheap healthy
breakfast option.**





**Value for money
foods such as rice,
potatoes, bread
and pasta are good
foods to add to
most meals which
are of great
nutritional benefit.**





Food labels contain either a used by date or a best before date. A product with a used by date should not be eaten past that date unless it has been frozen following the label guidance.



If a used by date product is not stored as recommended on the label it may become inedible sooner than necessary and will be wasted, so always follow the label storage guidance.





Products which are given a best before date can be eaten after the best before date because only the quality of the food is affected not the food safety. Do not eat eggs past their best before date as this item is unsafe to eat past its date due to the chance of salmonella poisoning.





Leftovers can be used to prevent wastage some examples are:

- **Leftover vegetables to make soup**
- **Leftover vegetables used in a bubble and squeak meal**
- **Overripe fruit used for a smoothie**
- **Leftover potatoes used for the top of a pie**
- **Leftover stale bread can be used to make breadcrumbs for other dishes or stuffing**





When making meals why not make a large portion and freeze the extra as a homemade ready meal.





**Try to cook the
correct portion
size for what
you require.**





**Try to avoid
eating out and
plan your own
meals instead.**





Look at what ingredients you have leftover and use cookery website to get ideas of how to use them in dishes.





Revision Activity 4

Give an example of how you can save money when eating healthy?